

OceanView

AT • FALMOUTH

A 21st century retirement community

Saurbraten

See more recipes at <https://oceanviewrc.com/lifestyle/recipe/>

“Nip & Nosh is back, and we had an Oktoberfest celebration of traditional German dishes, including sauerbraten, which translates to something like “sour roast.” It’s a delicious meaty entrée, and it pairs well with a nice German lager. Know that this recipe takes days to prepare, but it will be worth it!” – Chef Jean

Ingredients:

- 2 large **yellow onions**, chopped
- 2 large **carrots**, diced
- 3 cloves **garlic**, minced
- 2 large sprigs **thyme**
- 2 small sprigs **rosemary**
- 2 **bay leaves**
- 8 **juniper berries**, cracked
- 6 whole **cloves**
- 10 whole **black peppercorns**, cracked
- 2 1/2 teaspoons **salt**
- 1 teaspoon **sugar**
- 2 1/2 cups **red wine**
- 1 cup **red wine vinegar**
- 1 1/2 cups **water**
- 4 pounds **bottom round beef roast**
- 4 tablespoons **all-purpose flour**
- 1/4 cup **raisins**
- 3 ounces **ginger snap cookies**, crumbled
- 1 tablespoon **honey**



Instructions:

1. Prepare the **marinade**.
 - a. Place all of the **veggies and herbs** in a heavy non-reactive stock pot along with the **garlic, juniper berries, whole cloves, bay leaves, salt, sugar, and peppercorns**.
 - b. Add the **red wine, red wine vinegar and water**.
2. Bring the mixture to a boil, reduce the heat, cover and simmer for **10 minutes**. Turn off the heat and let the mixture cool down completely.
3. **Marinate the meat**.
 - a. Nestle the **roast** in the **vegetable marinade**. Place the lid on the pot.
 - b. Let it **marinate in the fridge for at least 4 days**, preferably 7. Turn the roast over once every day.
4. Remove the **roast**, pat it dry with paper towels, and strain the liquid from the vegetables. Reserve the liquid and the vegetables.
5. Cook the **roast**. Rinse the pot out and heat a 1-2 tablespoons of **oil** in it over high heat.
6. Generously **brown the roast** on all sides. Remove the roast and set aside.
7. Leave about 2 tablespoons of **oil/fat** in the pot. Place the **strained vegetables** in the pot and cook for **5-7 minutes**. Stir in the **flour**, cooking the mixture for a minute or two to eliminate the flour flavor. Add the liquid that you strained from the vegetable marinade, bring it to a boil, stirring constantly to prevent lumps.
8. Add the **raisins, honey, and crushed ginger snaps**. Return the roast to the pot.
9. Bring to a boil, reduce the heat to low, cover and simmer for 2-4 hours or until the meat is very tender. Cooking time will vary depending on the type of roast and how long the roast marinated.
10. When the roast is done, remove and transfer it to a plate, tent it to keep warm, and let it rest for 5 minutes before slicing.
11. Prepare the **gravy**. While the roast is resting, strain the gravy and return the gravy to the pot. Taste and add more **sugar, salt, and pepper** as desired.